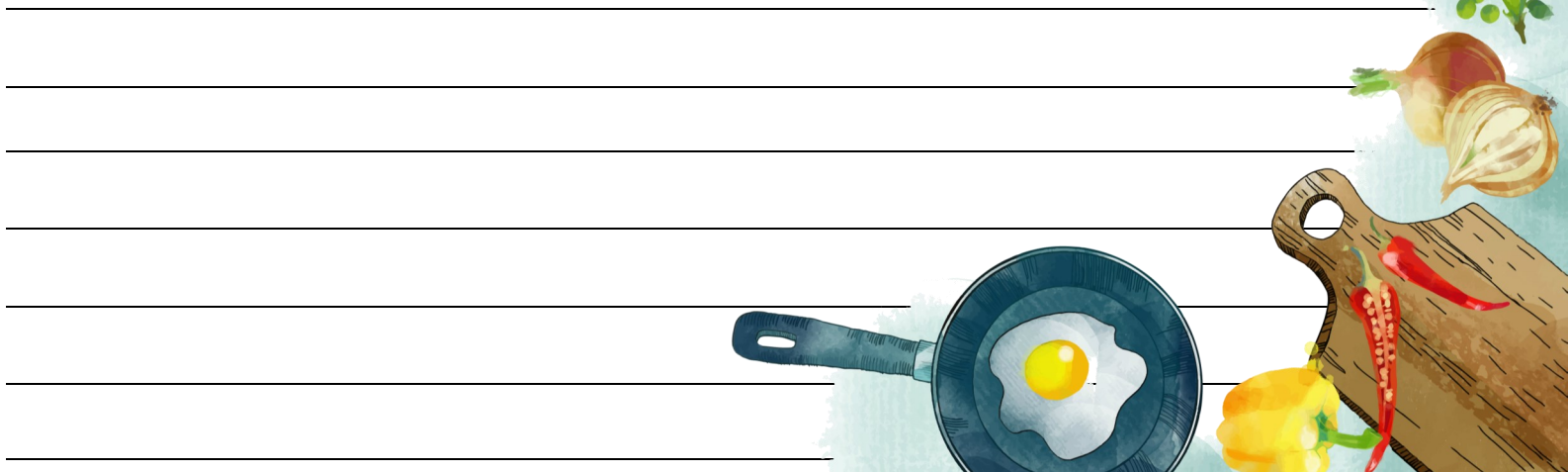




My Meal Plan for the Week

Day	Entrée	Sides
Monday	Crock Pot Chalupas	Chips & Salsa
Tuesday	Turkey Meatballs with Cream Sauce	Buttered Egg Noodles
Wednesday	Easy Ground Beef and Rice Skillet	Steamed Broccoli
Thursday	Chicken Caprese	Italian or French Loaf
Friday	Bacon Pasta Salad with Avocado Crema Sauce	Sliced Cantaloupe
Saturday	Plan to Eat Out	
Sunday	Corned Beef on Rye with Sauerkraut	

Notes





My Shopping List

<i>Fruits & Veggies</i>	<i>Packaged</i>	<i>Pantry</i>
Avocado	1 Pkg. Wide Egg Noodles	Olive Oil
1 Lemon	1 Jar German Sauerkraut	Balsamic Vinegar
1 Cantaloupe	1 Pkg. Orecchiette Pasta	Italian Seasoning
1 Red Onion	1 Pkg. Linguine	Ground Cumin
1-2 Med. Sweet Onions	1-4 oz. Can Green Chiles	Dried Oregano
1 Bulb Garlic	2-15 oz. Cans Pinto Beans	Chili Powder
5-6 Plum Tomatoes	1 Can Cream of Mushroom Soup	Nutmeg
1 Bunch Cilantro	1 Jar Black Olives (or fresh)	1 Pkg. Dry Onion Soup Mix
1 Bunch Mexican Oregano	1 Jar Salsa Verde	1 Jar Spicy Mustard
1 Bunch Basil	1 Jar Pasta Sauce	Cornstarch
Lettuce	1 Jar Sauce	
2 Med. Zucchini	1 Box Rice	
	1 Pkg. Bread Crumbs	
	Tortillas	
	Nacho Chips	
	1 Loaf Jewish Rye Bread	
<i>Frozen</i>	<i>Meat</i>	<i>Dairy</i>
Broccoli	1 Corned Beef	Eggs
Sweet Corn	1 Pkg. Bacon	Milk
	3 Boneless, Chicken breasts	Butter
	2-3 lb. Boneless Pork Loin	Fresh Mozzarella Pearl
	1 lb. Ground Beef	Queso Fresco
	1 lb. Ground Turkey	Mexican Crema
		Sour Cream
		Cream Cheese